

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

1. (Currently Amended) A method of rejuvenating skin comprising the steps of: assessing the skin to be rejuvenated; ~~and~~ selecting a proper program for a chosen treatment paddle, which is one of a variety of treatment paddles or components selectively attachable to a handheld device; the handheld device having an internal motion mechanism for imparting desired motion to the chosen treatment paddle for a predetermined length of time and in accordance with the selected program, and maintaining the treatment paddle in contact with the skin for said predetermined length of time.
2. (Original) The method of claim 1 in which the paddle is chosen so that it is configured to impart mechanical motion to the skin to be rejuvenated so that a tissue generation cascade is initiated or facilitated at the dermis of the skin.
3. (Currently Amended) An apparatus for rejuvenating skin comprising: an ergonomically shaped handheld device comprising an internal motion generating structure for imparting desired motion to a distal treatment component at a distal tip thereof, and a distal tip surface having a connection element for connecting the treatment component with the distal tip, and an actuatable motion generator and control element; the treatment component having a first portion designed for connection with a motion generating subsystem of the internal motion generator through the connection element, and a second portion having a shaped configuration and a first and second surface, wherein the second portion is configured so that the first surface will be maintained in contact with the skin in a manner suitable for imparting desired motion to the skin for a predetermined length of time and in accordance with a selected program to facilitate rejuvenation of the skin.
4. (New) The method of claim 1 wherein said predetermined length of time is between one and ten minutes.

5. (New) The method of claim 1 wherein said desired motion is mechanical motion.
6. (New) The method of claim 1 wherein said desired motion is reciprocating motion.
7. (New) The method of claim 1 wherein said desired motion is circular motion.
8. (New) The apparatus of claim 3 wherein said predetermined length of time is between one and ten minutes.
9. (New) The apparatus of claim 3 wherein said desired motion is mechanical motion.
10. (New) The apparatus of claim 3 wherein said desired motion is reciprocating motion.
11. (New) The apparatus of claim 3 wherein said desired motion is circular motion.